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TONGAN

Mahaki 'o e Mafu

CARDIOVASCULAR DISEASE

REACH 2010

hapa

HEALTH ACCESS FOR PACIFIC ASIAN SENIORS

SSG

Ko e lahi taha ‘a e pekia ‘i he kakai tangata pea tatau pe kihe kakai fefine ‘i ha fa’ahinga matakali pe ko e tupu mei he mahaki ‘o e mafu (Cardiovascular Disease). Ko e ngaahi mahaki ‘o e mafu ‘oku lahi e ngaahi palopalema, ko e mafu, kalava tufa toto mei he mafu (artery), mo e kalava ‘oku fetuku a e ‘okisikena (oxygen) ki he ‘uto pea moe mafu (vein). ‘Oku lava ‘e he mahaki ‘o e mafu (Cardiovascular Disease) ‘o fakatupu ‘a e ngaahi palopalema hange ko e mahaki ‘o e mafu, pa kalava, tu’ fakafokifa ‘a e ta ‘o e mafu. Koe e ngaahi ‘ulungaanga ‘e 3 ‘oku ne fakatupu ‘a e ngaahi makaki ‘o e mafu ko e ifi tapaka, ‘ikai fakafuofua e me’akai ki he ngaahi me’akai fakamo’ui lelei, ‘ikai ke ngaungaue mo longomo’ui.

Ko e Fakatu’utamaki ‘o e Ngaahi Mahaki ‘o e Mafu

- Toto mo e Kolesitulolo Ma’olunga
- Suka
- Ifi tapaka
- Fakatu’u-tamaki ‘ange ‘i he ta’u 60 pe motu’a ange
- Hisitolia faka famili ‘o e mahaki ‘o e mafu
- ‘Ikai ongo mo’ui mo e ‘ikai tauhi ki he me’a kai lelei
- Fu’u sino lahi/mo mamafa
- Mafasia ‘o e atamai & mo’ui

Ngaahi Faka’ilonga ‘o e Mahaki Mafu

- Ma’olunga ‘o e Toto mo e Kolesituloto
- Feto’aki e ta ‘o e mafu
- Nounou e manava pea faingata’a
- Vaivaia pea ninimo
- Langa ‘o e fatafata, ‘ikai ke fiemalie mo e ngaahi konga ki ‘olunga ‘i he sino
- Pupula ‘e alanga mo e va’e
- Toka kovi mo tauta’a

Ko e Ngaahi Faka'ilonga Ki He Tu'u E Ta 'O E Mafu

- Ha'iha'isia mo e langa 'a e fatafata. 'Oku 'ikai toe mole
- Langa e he funga uma, hema alu hifo ai ke he hima, hema
- Mamatea hima, hema
- Faingata'ia manava
- 'Ikai lava faito'o hakevela
- Vave ta 'o e mafu (Heart pounding, beating fast)
- Toka kovi mo fakamomoko
- Langa 'a e kia mo e tu'a kia

Pa Kalava

- Ko e pa kalava 'oku tupu ia mei he pa pe mapuni 'a e fetafeaki 'a e toto ki he 'uto (pe pakupaku pe fanoa e toto 'i he 'uto)
- Ko e ngaahi faka'ilonga eni 'o e pa kalava 'i 'ha'ane hoko fakafokifa:
    - Ongonoa pe vaivai 'i he mata uma, 'alanga tautefito ki ha fa'ahi pe 'e taha 'o e sino
    - 'Ikai ke mahi no' ha me'a faingata'a ke pu'aki e lea pe mahino ha me'a
    - Faingata'a ke sio'aki e fo'i fofonga 'e taha pe fakatou'osi pe
    - Faingata'a ke luelue, ninimo,'ikai lava'o palanisi pea sasalue e sino
    - Langa 'ulu lahi 'o 'ikai 'iloi hono 'uhinga

Toto Ma'olunga

- Ko fu'u ma'olunga e pamu 'a e toto, ko taimi eni 'oku fu'u malohi ai e pamu 'a e toto 'o fa'aki he holisi 'o e kalava fetuku toto
- Ko e ma'olunga totonu e pamu 'o e toto ko e 120 'aki 'e 80, 120/80 ('oku totonu leva ke ke fetu'u taki ki he toketa 'o kapau 'oku ma'olunga pe ma'ulalo ho totomei he fua totonu)
- 'Oku lava pe ke fakatupu 'e he toto ma'olunga 'a e, tu'u fakafokifa'ae ta 'o e mafu, pa kalava, 'ikai ngaue kofua, maumau e fo'i fofonga mo e mahaki mafu

Ma'olunga a e toto he Kolesitulolo

- Koe e ma'olunga 'a e kolesitulolo 'oku tupu ia mei he fu'u lahi 'a e ngako (ngako 'oku meimei pikipiki) 'i he kalava fetuku toto
- Kapau koe e levolo 'o e kolesitulolo 'oku 200mg/dL pe maolunga ange ai, kuo ke a'u ki he tu'unga faka tu'utamaki 'o lava ai ke ke ma'u 'a e mahaki mafu
- 'Oku ua 'a e fa'ahinga 'o e kolesitulotoko ko e kolesitulolo lelei 'oku ne fakasi'isi'i 'a e fakatu'utamaki ke ke ma'u 'a e mahaki 'o e mafu, pea ko e kolesitulolo kovi 'oku ne fakalahi 'e ia 'a e fakatu'utamaki ke ke ma'u 'a e mahaki 'o e mafu (kataki fetu'ulaki leva ki ho'o toketa ki ha founga ke fakalahi ai ho'o ma'u 'a e kolesitulolo lelei ke fakasi'i 'a e kolesituloto kovi

Koe e ha e me'a te ke fai ke fakasi'isi'i ai 'a e fakatu'utamaki 'o e tupu 'a e mahaki 'o e mafu?

- Talanoa ki ho'o toketa ('oku ne tokanga'i ho'o mo'ui lelei) fekau'aki mo e hisitolia faka-faito'o ho famili. Koe le ki ai ke ne fai hao sivi mo'ui lelei ma'u pe
- Ta'ofi ho'o ifi tapaka
- Kai e me'a kai 'oku palanisi (fakamo'ui lelei) ai e ngaahi ivi kau ai 'a e fua'i'aku mo ha vesitapolo ki kai 'o tu'o nima he 'aho
- Fakamalohi sino ma'u pe (hange ko e luelue, miniti 'e 30 he 'aho 'e 5 pe lahi ha ke 'o e uike)
- Fakasi'isi'i 'a e mo'ui ho ha'a
- Tauhi ke tu'unga lelei pe ho toto ma'olunga
- Tauhi ke ke mapule'i pe ho kolesitulolo
- 'Ai ke ke mapule'i foki mo ho mamafa
- Kole ki he toketa ke ne 'oatu ha lisi 'o e me'akai 'oku totonu keke kai ke fakasi'isi'i ai ho'o ma'u 'a e fakatu'u tamaki 'o e mahaki mafu

Kapau 'oku ke faka'aonga'i 'a e falemahaki fakapule'anga, kole ha taha fakatonulea 'o kapau 'oku 'ikai lelei 'a e lea faka-Pilitania.

Kapau 'oku ke toe fiema'u ha fakamatala pea ke telefoni mai ki he fika (310) 327-9650

Cardiovascular Disease (CVD) is the major cause of death for both men and women among all racial and ethnic groups. CVD includes a number of problems with heart, arteries, and veins that supply oxygen to the brain and heart. CVD may lead to many heart problems, including heart disease, stroke, and heart attack. The three most common behaviors that cause CVD are smoking, poor diet, and inactive lifestyle.

The Risk Factors of Cardiovascular Disease

- High Blood Pressure & Cholesterol
- Diabetes
- Smoking
- Age 60 and over are at a higher risk
- Family History of Heart Disease
- Physical Inactivity & Poor Diet
- Overweight/Obesity
- Too much stress

Signs of Heart Disease

- High Blood Pressure & Cholesterol
- Irregular heart beats
- Shortness of breath & difficulty breathing
- Fatigue or dizziness
- Unusual chest pains, discomfort in other areas of upper body
- Swelling in the legs and feet
- Nausea or sweating

These are Signs of Heart Attack that Can Occur

- Tightness, pressure, and pain of chest that doesn't go away
- Pain in the left shoulder that goes down to the arm
- Numbness in left arm
- Difficulty breathing
- Unresolved heartburn
- Heart pounding, beating fast
- Nausea, cold sweats
- Neck pain (pain in the back of the neck)

Stroke

- Stroke occurs when there is a break or blockage of your blood flow to the brain (or blood clot or bleeding in your brain)
- These are signs of stroke which can occur suddenly:
    - Numbness or weakness in the face, arm or leg, especially on one side of the body
    - Confusion, trouble speaking, or understanding
    - Trouble seeing in one or both eyes
    - Trouble walking, dizziness, loss of balance or coordination
    - Severe headache with unknown cause

High Blood Pressure

- High blood pressure is when the pressure of blood against the artery wall is too strong
- Normal blood pressure is 120 over 80 (You should see your Doctor if your pressure is higher or lower than normal)
- High Blood Pressure can lead to heart attack, stroke, kidney failure, damage to the eyes and heart disease

High Blood Cholesterol

- High Blood Cholesterol is when you have too much fat (waxy, fat-like substance) in your veins
- A cholesterol level of 200 mg/dL or higher put you at risk of heart disease
- There are two types of cholesterol. The good cholesterol decreases your risk of heart disease and the bad cholesterol increases your risk of heart disease (please ask your doctor about ways to increase good and lower bad cholesterol)

What Should You Do To Decrease the Risk of Developing Cardiovascular Disease?

- Talk to your doctor or health care provider about your family medical history.
  Ask your doctor to perform regular physical exam
- Stop smoking
- Eat a balanced, healthy diet to include five or more servings of fruits and vegetables per day
- Exercise regularly (such as walking at least 30 minutes on five or more days of the week)
- Reduce stress
- Control high blood pressure
- Control Cholesterol
- Weight management
- Ask a doctor or health provider for a list of recommended food to reduce your risk of heart disease

*** If you use public health services, ask for an interpreter
if you cannot speak English well ***

For more information contact:

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